

# Better Sleep Bingo

January 19 – 25, 2020

Place an “X” through each of the boxes as you complete the task listed. You will receive one entry into the prize drawing for each bingo achieved. The drawing will be for 1 of 4 **My Pillows!**

Name \_\_\_\_\_ Dept. \_\_\_\_\_

B	I	N	G	O
Wake up at the same time every day for a week	Avoid having difficult or emotional discussions a minimum of 3 hours before bed for a week	Avoid caffeinated beverages at least 6-8 hours before bed for one week	I slept at least 7 hours each of the last three nights	Make a change in your bedroom to make it more comfortable
Exercise at least 20 minutes each day for a week – but do so at least 2 hours before bedtime	Make a change in your bedroom to make it darker	Read an educational article about improving sleep or potential sleep issues	Remove the TV from your bedroom or commit to not turning it on after 5PM for a week	Avoid drinking any fluids 1-2 hours before bed
Adjust your thermostat to between 60-67 degrees while you sleep	Sleep at least 7 hours each of the last three nights	FREE SPACE	Try turning your alarm clock away from your view for a week	Avoid alcohol before bed for one week
Avoid naps or keep them short (20-30 minutes) and not close to bed time	Avoid large meals before bed for one week	Remove the computer from your bedroom or commit to not turning it on after 5PM for a week	Go to bed at the same time every day for a week	Avoid spicy meals before bed for one week
Establish a relaxing bed time routine and execute it every day for a week	Avoid bright lights before bed every day for a week	Try moving your pet out of your bedroom or at least out of your bed for a week	Track your sleep using a sleep diary for at least a week to identify actions that could negatively impact your sleep	I slept at least 7 hours each of the last three nights

***\*\*Please return to Kristen in HR by 1/30/20 to be eligible\*\****